

Worksite Wellness Resources

General Resources

National Resources

- ▶ American Cancer Society Workplace Solutions (<http://www.acsworkplacesolutions.com/>)
- ▶ Centers for Disease Control and Prevention (<http://www.cdc.gov/>)
- ▶ CDC Healthy Worksite Project (<http://www.cdc.gov/nationalhealthyworksite>)
- ▶ County Health Rankings (<http://www.countyhealthrankings.org/>)
- ▶ Eat Smart, Move More NC (<http://www.eatsmartmovemorenc.com/>)
- ▶ Gallup-Healthways Wellbeing Index (<http://www.well-beingindex.com/>)
- ▶ Institute for Health and Productivity Management (<http://www.ihpm.org/>)
- ▶ Integrated Business Institute (<http://www.ibiweb.org/>)
- ▶ National Business Coalition on Health (<http://www.nbch.org/>)
- ▶ National Business Group on Health (<http://www.businessgrouphealth.org/>)
- ▶ National Institutes of Health (<http://www.nih.gov/>)
- ▶ National Wellness Institute (<http://www.nationalwellness.org/>)
- ▶ Partnership for Prevention (<http://www.prevent.org/>)
- ▶ Trust for America's Health (<http://healthyamericans.org/>)
- ▶ Wellness Councils of America (<http://www.welcoa.org/>)
- ▶ United States Department of Health and Human Services (<http://www.hhs.gov/>)

Nebraska Resources

- ▶ Educator's Health Alliance (<http://www.ehaplan.org/>)
- ▶ Local Health Departments (http://dhhs.ne.gov/publichealth/Pages/puh_oph_lhd.aspx)
- ▶ Panhandle Worksite Wellness Council
(<https://panhandleworksitewellnesscouncil.wildapricot.org/>)
- ▶ University of Nebraska Lincoln (UNL) Extension (<http://www.extension.unl.edu/>)
- ▶ WorkWell Program (<https://www.workwellwellness.org/>)
- ▶ Wellness Council of the Midlands (WELCOM) (<http://wellnesscouncil.org/>)
- ▶ Well Workplace Nebraska (<http://wellnesscouncil.org/wwpne/>)

Topic-Specific Resources

Physical Activity

National Resources

- ▶ CDC Physical Activity (<http://www.cdc.gov/physicalactivity/>)
- ▶ Cooper Institute (<http://www.cooperinst.org/>)
- ▶ American College of Sports Medicine (<http://www.acsm.org/>)
- ▶ American Council on Exercise (<http://www.acefitness.org/>)
- ▶ America on the Move (<https://aom3.americaonthemove.org/>)
- ▶ National Association for Health and Fitness (<http://www.physicalfitness.org/>)
- ▶ National Center for Bicycling and Walking (<http://www.bikewalk.org/>)
- ▶ National Center on Physical Activity and Disability (<http://www.ncpad.org/>)
- ▶ 2008 Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines/guidelines/default.aspx>)
- ▶ Shape Up America! (<http://www.shapeup.org/>)

Nebraska Resources

- ▶ NE DHHS Nutrition and Activity for Health Program (http://dhhs.ne.gov/publichealth/Pages/hew_hpe_nafh_index.aspx)
- ▶ Partners N Health State Plan (Healthy Eating, Active Living and Breastfeeding): (<http://www.partnersnhealth.org/>)

Healthy Eating

National Resources

- ▶ Academy of Nutrition and Dietetics (<http://www.eatright.org/>)
- ▶ Dietary Guidelines (<http://www.health.gov/dietaryguidelines/>)
- ▶ PEP – A Personal Empowerment Plan (http://www.cooperinst.org/pub/products.cfm?actionxm=Detail&item_id=5016)
- ▶ US Department of Agriculture Center for Nutrition Policy and Promotion (<http://www.cnpp.usda.gov/>)
- ▶ US Department of Agriculture Choose My Plate (<http://www.choosemyplate.gov/>)

Nebraska Resources

- ▶ NE DHHS Nutrition and Activity for Health Program (http://dhhs.ne.gov/publichealth/Pages/hew_hpe_nafh_index.aspx)
- ▶ Partners N Health State Plan (Healthy Eating, Active Living and Breastfeeding): (<http://www.partnersnhealth.org/>)

Tobacco Cessation

National Resources

- ▶ American Lung Association (<http://www.lung.org/>)
- ▶ CDC Office on Smoking and Health (<http://www.cdc.gov/tobacco/osh/>)
- ▶ CDC Smoking and Tobacco Use (<http://www.cdc.gov/tobacco/>)

- ▶ Quit Net (<http://www.quitnet.com/qnhomepage.aspx>)
- ▶ SmokeFree.gov (<http://smokefree.gov/>)

Nebraska Resources

- ▶ Nebraska Tobacco Quitline (http://dhhs.ne.gov/publichealth/Pages/tfn_ces.aspx)
- ▶ NE DHHS Tobacco Free Nebraska (<http://dhhs.ne.gov/publichealth/pages/tfn.aspx>)

Mental Health and Stress Management

National Resources

- ▶ American Institute of Stress (<http://www.stress.org/>)
- ▶ American Psychological Association (<http://www.apa.org/>)
- ▶ National Institute of Mental Health (<http://www.nimh.nih.gov/index.shtml>)
- ▶ National Council on Alcoholism and Drug Dependence (<http://www.ncadd.org/>)
- ▶ Substance Abuse and Mental Health Services Administration's Division of Workplace Programs (<http://workplace.samhsa.gov/>)

Preventive Services and Medical Self-Care

National Resources

- ▶ American Association of Retired People (<http://www.aarp.org/>)
- ▶ American Medical Association (<http://www.ama-assn.org/ama>)
- ▶ American Public Health Association (<http://www.apha.org/>)
- ▶ American Red Cross (<http://www.redcross.org/>)
- ▶ Health Finder (<http://healthfinder.gov/>)
- ▶ Office of the Surgeon General (<http://www.surgeongeneral.gov/>)
- ▶ The Community Guide (<http://www.thecommunityguide.org/index.html>)

Safety and Injury Prevention

National Resources

- ▶ National Institute of Occupational Safety and Health (<http://www.cdc.gov/niosh/twh/>)

Nebraska Resources

- ▶ Great Plains Safety and Health Organization (<http://greatplainssafety.com/>)
- ▶ National Safety Council – Nebraska (<http://www.safenebraska.org/>)
- ▶ Nebraska Safety Council (<http://www.nesafetycouncil.org/>)
- ▶ NE DHHS Injury Prevention and Control Program (http://dhhs.ne.gov/publichealth/Pages/hew_hpe_injury_index.aspx)

Healthy Mothers and Healthy Babies

National Resources

- ▶ Business Case for Breastfeeding (<http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/>, <http://mchb.hrsa.gov/pregnancyandbeyond/breastfeeding/>)
- ▶ Office on Women's Health (<http://www.womenshealth.gov/>)
- ▶ United States Breastfeeding Committee (<http://www.usbreastfeeding.org/>)

Nebraska Resources

- ▶ NE DHHS Nutrition and Activity for Health Program (http://dhhs.ne.gov/publichealth/Pages/hew_hpe_nafh_index.aspx)
- ▶ Partners N Health State Plan (Healthy Eating, Active Living and Breastfeeding): <http://www.partnersnhealth.org/>
- ▶ Nebraska Breastfeeding Coalition (<http://nebreastfeeding.org/>)
- ▶ La Leche League of Nebraska (<http://www.llofne.org/>)
- ▶ NE Department of Labor- Breastfeeding Requirements in the Workplace (<http://www.dol.nebraska.gov/center.cfm?PRICAT=2&SUBCAT=5P>)

Medical and Disease-Specific Resources

National Resources

- ▶ American Cancer Society (<http://www.cancer.org/>)
- ▶ American Diabetes Association (<http://www.diabetes.org/>)
- ▶ American Heart Association (<http://www.heart.org/HEARTORG/>)
- ▶ American Institute of Cancer Research (<http://www.aicr.org/>)
- ▶ Arthritis Foundation (<http://www.arthritis.org/>)
- ▶ CDC Division for Heart Disease and Stroke Prevention (<http://www.cdc.gov/dhdsp/>)
- ▶ Diabetes at Work (<https://diabetesatwork.org/>)
- ▶ Mayo Clinic (<http://www.mayoclinic.com/>)
- ▶ MedlinePlus (<http://www.nlm.nih.gov/medlineplus/>)
- ▶ National Cancer Institute (<http://www.cancer.gov/>)
- ▶ National Heart, Lung, and Blood Institute (<http://www.nhlbi.nih.gov/>)
- ▶ National High Blood Pressure Education Program (<http://www.nhlbi.nih.gov/about/nhbpep/>)
- ▶ WebMD (<http://www.webmd.com/>)

Nebraska Resources

- ▶ Nebraska Department of Health and Human Services (<http://dhhs.ne.gov/Pages/default.aspx>)
- ▶ NE DHHS Heart Disease and Stroke Program (<http://dhhs.ne.gov/publichealth/Pages/cvh.aspx>)
- ▶ NE DHHS Diabetes Prevention and Control Program (http://dhhs.ne.gov/publichealth/Pages/diabetes_index.aspx)
- ▶ NE DHHS Comprehensive Cancer Control Program (http://dhhs.ne.gov/publichealth/Pages/hew_hpe_nebraskacares.aspx)
- ▶ NE DHHS Colon Cancer Screening Program (<http://dhhs.ne.gov/publichealth/Pages/crc.aspx>)
- ▶ Nebraska Cancer Coalition (<http://www.necancer.org/>)